



Guideline-Directed Medical Therapy Clinic

Program description: The *Guideline Directed Medical Therapy Clinic* is an evidence based program that **aims to assist those with heart failure and reduced ejection fraction (HFrEF) reach optimal heart failure treatment**. The aim is to have patients optimized within 3 months, after which the patient's care will be returned to the referring physician, unless a referral for other ongoing cardiac care is clinically indicated.

Inclusion criteria

- ☐ 18 years of age or older
- ☐ Documented LVEF in the past 3 years $\leq 40\%$
- ☐ SBP > 110
- ☐ eGFR > 40
- ☐ Independent with medications and able to follow direction provided by the RN

Exclusion criteria

- ☐ Less than 18 years of age
- ☐ No measured LVEF in the past 3 years
- ☐ LVEF upon chart review $>40\%$
- ☐ No possible interventions or maximal GDMT (due to adverse effects or intolerances)
- ☐ Hospice/palliative care
- ☐ Severe dementia
- ☐ Stage D or IV inotropes or mechanical circulatory support
- ☐ Pregnant and/or breastfeeding

What to expect

- The patient will be seen in consultation by clinic MD to initiate appropriate GDMT and receive ongoing nursing support, as required, to help titrate medications.
- Your patient must be independent with medications and be able to monitor their blood pressure and heart rate daily. They must also be willing to get blood work completed as needed. Lastly, they must be willing to come for in-person nursing assessments at consultation, upon discharge from the Clinic, and as needed.
- The aim is to have patients optimized within 3 months, after which the patient's care will be returned to the referring physician, unless a referral for other ongoing cardiac care is clinically indicated (e.g., to Advanced Heart Function Clinic, for device therapy, etc.)